

PE-RU-NA STRENGTHENS THE ENTIRE SYSTEM

Mr. Chas. L. Sauer, Grand Scribe, Grand Encampment I. O. O. F. of Texas, and Assistant City Auditor, writes from the City Hall, San Antonio,

Tex.:
"Nearly two years ago I accepted a treasurer position as secretary and treasurer with one of the leading dry goods establishments of Galveston, Tex.

'The sudden change from a high and dry altitude to sea level proved too much for me and I became afflicted with catarrh and cold in the head, and general debility to such an extent as to almost incapacitate me for attending to my duties

"I was induced to try Peruna, and after taking several bottles in small doses I am pleased to say that I was entirely restored to my normal condition and have ever since recommended he use of Peruna to my friends."

DYSPEPTIC PHILOSOPHY.

Most of us have trouble to lend. Love will find a way, even a way

Fortune doesn't always smile on the funny man.

Success is doing a thing before some one else does it. Marriage is the gateway from ro-

mance to reality. Fortune never knocks at some doors

because it can't get by the janitor. It doesn't pay to go entirely on the theory that things go by contraries

The woman who dresses better than her friends will never be popular with Those who have greatness thrust

upon them seldom know what to do with it. The fool and his money are what

keep the rest of us from starving to death. Riches have wings, but they are not

in heaven. Lots of wives never understand why

their husbands should need any spending money.

Some men are so fond of sympathy that they actually glory in being the under dog.

If a man would only pay his debts as promptly as his grudges his credit would be better.

When a girl begins to ask a fellow about his life insurance, the rest ought to be easy.

Sacrifice Made by Judge.

Justice Holmes, of the supreme court, in order that he may preserve his mind free from distractions of information and misinformation that would impair his efficiency and wisdom as a jurist, does not allow himself to read the newspapers.

DOCTOR'S SHIFT.

Now Gets Along Without It.

A physician says: "Until last fall I used to eat meat for my breakfast and suffered with indigestion until the meat had passed from the stom-

"Last fall I began the use of Grape-Nuts for breakfast and very soon found I could do without meat, for my body got all the nourishment necessary from the Grape-Nuts, and since then I have not had any indigestion and am feeling better and have increased in weight,

"Since finding the benefit I derived from Grape-Nuts I have prescribed the food for all of my patients suffering from indigestion or over-feeding and also for those recovering from disease where I want a food easy to take and certain to digest and which will not overtax the stomach.

"I always find the results I look for when I prescribe Grape-Nuts. For ethical reasons please omit my name." Name given by mail by Postum Co., Battle Creek, Mich.

The reason for the wonderful amount of nutriment, and the easy digestion of Grape-Nuts is not hard to

In the first place, the starchy part various processes of cooking, to perfeetly change the starch into Dextrose or Post Sugar, in which state it is ready to be easily absorbed by the blood. The parts in the wheat and barley which Nature can make use of for rebuilding brain and nerve centers are retained in this remarkable food, and thus the human body is producers so easily noticed after one Get the little book, "The Road to tears.

Wellville," in pkgs.

THE SPARROWS' HOUSE

By JOSEPH BAUGHER

(Copyright, by Joseph B. Bowles

There was absolutely no reason why we should move; we were living in an up-to-date house in an excellent neighborhood. But Alice, my wife, thought differently, and as she was bent upon making a change, I consented on condition that she should do her own house-hunting.

"Oh, James!" she cried, as she met me one evening with a five-year least in her hand. "I've found such a charmful location; it's so cultured and refined, you know. I am so glad on Henry Jr.'s account, for you know that an awful crash. Henry Jr. is getting on.'

The youth referred to had not turned

14 months.

"I leased the house from a Miss, fall out." Sparrow-such a superior weman!" continued my wife: "so much nicer, don't you think, than renting from those horrid agents who will never do a thing for one without making a fuss about it. Miss Sparrow says she couldn't think of giving us so charming a little home, but her sister Amy is to be married next month, poor girl! and she, Miss Sparrow, of course, doesn't care to live alone."

I offered no objections, but suggested that she should write to her Uncle Henry, for whom Henry Jr. was named, and request him to postpone his visit until we were thoroughly settled in our new home. She indignantly refused, saying that her uncle had grown very irritable and suspicious of late, and he might think we didn't want him, and that she wasn't going to have Henry Jr.'s prospects ruined by any such insane notions. My wife's uncle, an asthmatic, wealthy old bachelor, was strongly prejudiced against me, because his niece had married me when he had hoped she would nurse him in his declining years.

The night of the first of the follov. ing month found us in our new home, and excepting that a shower of prisms fell from the parlor chandelier when I lighted the gas, the evening had, so far, passed off without incident.

My wife's uncle arrived in the worst of humors; his train, being three hours late, didn't pull in until almost midnight. He drew back from me suspiclously when I offered to take his valise, and glared at me savagely over his glasses, thoroughly convinced, no doubt, that to a conspiracy on my part was due the accident to his train.

My wife, not a little hurt when her effusive greeting met with a rebuff, said she was sorry little Henry had gone to bed, for she would so like to have her uncle Henry see his little namesake. Whereupon he somewhat gruffly inquired whether Henry Jr. had any intention of absconding before morning.

Crestfallen, and worn out after hard day's work we went to bed, but I had hardly closed my eyes when I felt myself suddenly aroused.

"James," whispered my wife, in trembling tones, "what is that noise?"

replied drowsily, and turned over to And as for you, sir," he shouted, shak sleep again. "Water next door! Why, James, it's

in this very room. Listen!"

I got up and plainly heard the sound, but couldn't locate it.

Hoping to find the source of the noise, I ran a lighted wax taper along the side of the wall; when I reached a point about three feet from the win- load. She told us she had found an oil dow I found it as a volume of flame belched forth almost to the opposite side of the room. I seized a pillow, and called to my wife for a cork.

heaven!" I yelled, as she handed me ing plan rather early for so short an a cork, holding in her other hand a acquaintance. We commended our bottle. "It's gasoline!"

zall. After knocking over several forcible, if not polite, pay her rethings in the medicine chest she gave spects to the stove. me a rubber stopper. I drove it into the aperture of a gas pipe coffee was cold, and the chops were garpurloined by the Sparrows, and which they had plugged with wax. The pillow, in the meantime had caught fire, melee; this brought down my wife's repairs. uncle, whom we didn't see until I I notified her that we would vacate lighted the gas, although he had an- the house within three days. nounced himself by a sneeze.

Finally I got things quieted. after dawn when I was awakened.

wife. "The room is filled with smokethe house is on fire!"

Almost suffocated, I jumped out of bed, threw open windows, and groped my way to the kitchen stairs. "Phyllis!" I yelled at the top of

my voice; "is there a fire down there?" "No, sah," yelled back the cook; 'dar ain't no fiah; I wish dar war, but it's all smoke. Drat de ole stobe! of the wheat and barley goes through It won't draw. An' Mars Jeems, dar's a man heah w'ile 'go, an' he done turn de watah off in de alley, kase he say de watah rint ain't paid, an' how I's ter git breakfus wifout no fiah an' no

watah, de good Lord, He only know." We hurriedly dressed, while Henry Jr., having awakened, entered into the spirit of the affair, and seemed to enjoy it, for he persisted in kicking his supplied with the powerful strength | heels up into the air and throwing off his covering. We tied him fast in

"It are only de smoke, Miss Alice," explained the cook, drawing her sleeve across her eyes, while my wife, the picture of misery, was genuinely cry-

"There are draughts all over this house," she said, shivering as she drew her shawl around her

"Dar ain't no draughts in dis heah ole stobe, Miss Alice, 'deed dar ain't,' said Phyllis, fanning the grate with her apron.

Yever mind the grate, Phyllis," sala my wife, "but make a fire at once in the parlor. The little precious upstairs will take his death of cold." And she went up to Henry Jr., leaving me gazing dejectedly through a broken window out on the rain-soaked, ash-covered landscape of the Sparrows' back vard.

I was brought back to myself by my wife calling me to come up and uning little home, and in such a delight- rope Henry Jr., who was strenuously objecting to his bondage. Just as I had freed him, there came from below

"Bress mah soul!" wailed Phyllis from the parlor, "if de whole front winder of de parlah stobe ain't done

I ran down again, followed by my wite with Henry in her arms. "This is the last straw." I muttered,

looking on our new parlor carpet, rained forever. 'Where are you going, James?"

said my wife, as I was getting into my rain coat. "I'm going, my dear," I replied, "to call, as early as it is, upon that Sparrow of yours, and twist its neck."

"I beg of you-I implore you not to go, James. Miss Sparrow will attend to everything, I am sure; besides, poor Miss Amy is going to be married only next month, and-

Before she had time to finish her uncle entered and startled us with a double sneeze.

"Oh, Uncle Henry!" cried my wife, in great distress, "I knew you would take cold last night. You must let me get you something. I'm sure you must feel very bad; I will-'

"You may make yourself easy on that point, madam," he broke in. "But before I leave this house of conspirators I want to advise you to place that child in an asylum where he will be properly cared for; while you, madam,



"TAKE THE GOLD CURE!" HE SHOUTED.

"Only water running next door," I should be confined in some sanitarium ing his umbrella in my face, "take the gold cure-the pledge would do you no good, you'd only break it. Take the gold cure! the gold cure! the gold cure!" He slammed the front door after him, and shuffled down the street

While conning these things, Phyllis came in with her scuttle for a last stove with enough oil in it to cook breakfast. She hesitated as she added that she had borrowed some water from our neighbor next door, who re-"Take it away for the love of marked that we had begun the borrowcook's enterprise and told her to do She gave a piercing shriek, and the best she could. And for the next they the bottle and cork out into the ten minutes we heard her in terms

Breakfast was not a success. The from which the bracket had been nished with coal oil, the flavor of

which lingered with me for hours. Directly after breakfast I called on the Sparrows, who, while making my and while I was trying to smother it complaints, did nothing but flutter and my wife screamed again, and this chirp. The elder bird said she couldn't awoke Henry Jr., who joined in the afford to spend a cent at that time on

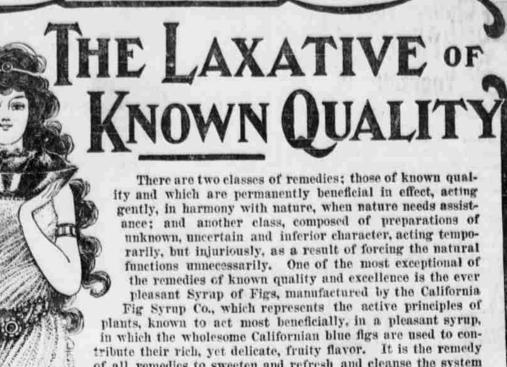
She fluttered and chirped excitedly as they followed me to the door, and didn't notice until the next morning I thought I heard the betrothed Sparhow badly I had been burned. It was row say something about damages, though it may have been nothing more "James! get up, quick!" called my than an inoffensive twitter,

After calling on my old agent, I turned my steps toward our "new home," where I met the stove mar who was, for the moment, leaving. He told me that he had fixed the par lor stove, but could do nothing with the kitchen range; that during the summer months the sparrows must have built their nests in the chimney I told him that I hadn't the slight est doubt about it.

My wife was anxiously awaiting my return. I told her of my highly satisfactory visit to our old landlord.

"Poor Miss Amy!" moaned my wife. "And, oh! you poor, disinherited, defrauded little darling," she added, burying her face in Henry Jr.'s neck On the evening of the third day fol lowing we were back in our old home,

Last year there were 39,211,000 of has eaten Grape-Nuts each day for a his cradle, and then ran down to the matches sold in France, bringing into week or 10 days. "There's a reason." kitchen, where we found Phyllis in that nation's treasury \$5,216,950, this matches sold in France, bringing into being a state monopoly.



There are two classes of remedies; those of known quality and which are permanently beneficial in effect, acting gently, in harmony with nature, when nature needs assistance; and another class, composed of preparations of unknown, uncertain and inferior character, acting temporarily, but injuriously, as a result of forcing the natural functions unnecessarily. One of the most exceptional of the remedies of known quality and excellence is the ever pleasant Syrap of Figs, manufactured by the California Fig Syrup Co., which represents the active principles of

plants, known to act most beneficially, in a pleasant syrup, in which the wholesome Californian blue figs are used to contribute their rich, yet delicate, fruity flavor. It is the remedy of all remedies to sweeten and refresh and cleanse the system gently and naturally, and to assist one in overcoming constipation and the many ills resulting therefrom. Its active principles and quality are known to physicians generally, and the remedy has therefore met with their approval, as well as with the favor of many millions of well informed persons who know of their own personal knowledge and from actual experience that it is a most excellent laxative remedy. We do not claim that it will cure all manner of ills, but recommend it for what it really represents, a laxative remedy of known quality and excellence, containing nothing of an objectionable or injurious character. There are two classes of purchasers; those who are informed

as to the quality of what they buy and the reasons for the excellence of articles of exceptional merit, and who do not lack courage to go elsewhere when a dealer offers an imitation of any well known article; but, unfortunately, there are some people who do not know, and who allow themselves to be imposed upon. They cannot expect its beneficial effects if they do not get the genuine remedy.

To the credit of the druggists of the United States be it said that nearly all of them value their reputation for professional integrity and the good will of their customers too highly to offer imitations of the

Genuine-Syrup of Figs

manufactured by the California Fig Syrup Co., and in order to buy the genuine article and to get its beneficial effects, one has only to note, when purchasing, the full name of the Company-California Fig Syrup Co.-plainly printed on the front of every package. Price, 50c. per bottle. One size only.

SAID BY THE SAGES.

Lack of desire is the greatest of riches.-Seneca.

Ten noes are better than one lie. -From the Danish. Deeds are fruits, words are leaves.

-From the French. An old bachelor is only the half of

a pair of scissors.-Franklin. Avarice and fidelity cannot dwell to-

gether in the same house.-Grimm. A virtuous woman commands her husband by obeying him.-Publius

Whoever undertakes a task cannot repudiate the responsibility.-Chinese Maxim. Who dangles after the great is the

last at table and the first to be cuffed. From the Italian. No man can escape the vitiating effect of an offense against his own con-

science.-George Eliot. The path of duty lies in what is near, and men seek for it in what is remote. The work of duty lies in

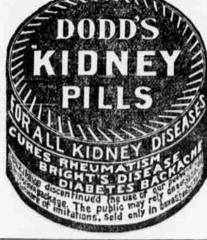
what is easy, and men seek for it in what is difficult.

BROKEN OFF SHORT.

Live slowly if you would live long. Baldness is seldom becoming to the man who is becoming bald.

A man's good intentions are all right, though they seldom add much to his income.

The self-made man may still prove to be an easy mark for the machinemade politician.



ALLEN'S FOOT-EASE A Certain Cure for Tired, Hot, Aching Feet. DO NOT ACCEPT A SUBSTITUTE.



Make your boy's food tasty-Mother-for it has to do some big things. It has to make flesh, blood, bone and muscle and supply boundless Energy. Remember, the boy of today is the man of tomorrow.

Don't injure him physically and mentally with indigestible meats, pastries, rich puddings, etc., that act as a drain on his nervous energy. But feed him plenty of

all there is in wheat—and he'll be your heart's Joy—strong, healthy, bright, smart and quick at his studies.

You won't have to coaz him to eat it either, Mother, for its delicious rich flavor when eaten with cream and sugar is just what he craves most for.

Egg-O-See keeps the blood cool and is the ideal summer food. Give him some tomorrow—"there won't be no leavin's."

Prepared under conditions of scrupulous cleanliness.

Every grocer in the country sells EGG-O-SEE—the whole wheat cereal. If your grocer has not received his supply, mail us 10 cents and his name (15 cents west of the Rocky Mountains) and we will send you a package of EGG-O-SEE and a copy of the book, "-back to nature."

FREE "-back to nature" book

Our 32-page book, "-back to nature," outlines a plan of right living, includ-Ing menus for 7 days and recipes for preparing the necessary dishes, based on a whole wheat diet, with suggestions for bathing, cating and exercise, illustrated from life, exceedingly simple and attractive. By following the precepts, abounding and vigorous health is sure to result.

Published to sell at 25 cents a copy, this handsomely illustrated book will be mailed FREE to anyone who writes, as long as this edition lasts. Address

EGG-O-SEE CEREAL COMPANY Quincy, Illinois No. 10 First Street



OF RHEUMATISM CAUSE

An eminent physician says-that rheumatism is the direct result of improper eating and may be absolutely cured by leaving out your dietary animal foods of all kinds and living on cereals, fruits, nuts and vegetables. A diet consisting of milk and cereal foods will cure the most acute form of Rheumatism, while those who live mainly on animal foods, cannot escape it.

is rich in potassium and sodium which are the essentials of the diet of persons with Rheumatic dispositions. The whole wheat berry being used, the food becomes a regulator of the bowels, while the celery acts as a nerve tonic.

Palatable-Nutritious-Easy of Digestion and Ready to Eat Can be served hot. Put in a hot oven for a few minutes; or cook in boiling milk to a mush.

As much nourishment Grocers Grocers package Dr. O.C. Prices Dr. Price, the famous food expert, the creator of Dr. Price's Cream Baking Powder and Delicious Flavoring Extracts, Ice Cream Sugar and Jelly Desserts, has never been compelled, notwithstanding strenuous Food laws, to change any of his products. They have always conformed to their requirements. This is an absolute guarantee of their quality and purity.

LOW RATES COLORADO

GRAND ISLAND ROUTE. Account Annual Meeting, Benevolent and retective Order of Elis, at Denver, the St. seph & Grand Island Railway will self on July 16, inclusive, round-trip tekets to Denver, olorado Springs and Pueblo at exceedingly wrates. Tickets zood to return until August 20. For further information call on nearest agent

S. M. ADSIT, G. P. A., St. Joseph, Mo.



60 Bus, Winter Wheat Per Acre

SALZER SEED CO., Box W.K. La Crosse, Wis. W. N. U., OMAHA, NO. 28, 1996.